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MINDEN

Vol. 2, Number 11

Minden, Ontario

Wednesday, March 22, 1978

Eakins asks Timbrell to meet residents before decision made

MINDEN — On Thursday evening at the Fireside Restaurant, Minden's Red Cross Society held their 29th annual meeting. Guest speaker on the night was MPP John Eakins.

Speaking before a packed house of more than 100 concerned residents, on the status of the Minden Red Cross hospital, Mr. Eakins told the gathering that he had spoken with the Minister of Health, Dennis Timbrell on Monday asking his to meet with the people of Minden before any final decision was made on the hospital.

"I have received dozens and dozens of letters from Minden area residents this past week, concerning the hospital said Eakins, and I promise to do all I can regarding this matter." Mr. Eakins went on to say that the minister promised an accurate and fair hearing, before any changes were made.

Two weeks ago a role study commissioned by the Red Cross was presented at a meeting held in the municipal building in Minden. The report recommended that Minden's hospital be turned into a clinic facility and that the bulk of the medical services and in-patient care be transferred to the Haliburton Red Cross hospital.

This was not accepted at all by the residents of Anson, Hindon and Minden, who have banded together to fight any changes made to their hospital. Petitions and letters have poured into the municipal office in Minden as well as to MP Bill Scott and Eakins.

At the recent meeting of council last week, a resolution was passed recommending a study be implemented on a county-wide basis and the matter frozen until such time as the details of the study are made available. In speaking with Minden councillor Len Lonsbury, at the Thursday meeting, he told The Express that the committee to do the study had not yet been formed but would be soon.

\$5800 damage in five collisions

The Minden Detachment of the OPP report the following activity for the period of March 6-12. During this period, the staff investigated 60 general occurrences and eight motor vehicle collisions, five reportable and three non-reportable collisions.

There were five break-ins, 15 cottages found to be insecure, eight persons charged with snowmobile violations, one compassionate message delivered, one person charged with impaired driving and one person charged with liquor violations.

Willis McNeilly, 45, of RR 1, Minden was charged with careless driving and failing to remain at the scene of an accident last Thursday. McNeilly was north bound in a 1971 stationwagon, when it failed to negotiate a curve, entered the east ditch and rolled over. Damage to the vehicle has been estimated at \$2,700. Investigation by PC Jim Solway.

High snow cones were blamed in a two car accident on County Rd. 4 and Fleming Rd. Lloyd Percy Odorizzi, 49, of Port Loring was eastbound on County Rd. 4 making a turn. John Arthur Footit, 24 of Harcourt, was westbound on County Rd. 4, applied his brakes to stop and slid partially into the eastbound lane. Odorizzi collided with the Footit vehicle. Both cars were obscured by high snow cones. Damage was estimated at \$1200. Investigation by PC Dennis Potter.

Early last Monday afternoon, Ronald S. Sission was eastbound on Pine Lake when the 'kill button'



Head table at the recent Minden Red Cross annual meeting held at the Fireside Restaurant and Tavern are, left to right, Mrs. Iris Eakins, Development Officer for On-

tario Red Cross, Betty Spry, Vice President Minden Red Cross, James Burton, MPP John Eakins and Mrs. Helen Burton.



MPP John Eakins addresses the Minden Red Cross at their annual meeting held last week. Mr. Eakins was the

special guest and gave a very interesting talk on his recent trip to Europe and Israel.

cable on his snowmobile became tangled in the throttle. Unable to stop, the machine was damaged to the extent of \$500. Investigation by PC Jim Martin.

On March 8th a two car collision occurred on Hwy 121 at the junction of Hwy. 35. Dianne M. Haggerman 27 of West Guilford was eastbound on Hwy. 121 about to turn left when a car driven by Terry W. Sutherland 21, of RR 1, Minden following Haggerman, pulled out to pass, striking the left front corner of the Haggerman vehicle. Damage was estimated at \$900 to both vehicles. Investigated by PC Barry Connelly.

Carlo Mintz, 39 of Irondale, was southbound on a private parking lot of the Irondale Steak House, when his vehicle slid on the icy surface into the gasoline pump. Damage to the pumps was \$500. The 1970 stationwagon received no damage. Investigated by PC Mike Legge.

Man dies from injuries suffered in snowmobile accident Monday

DORSET — Kenneth Kelley, of RR 1, Priceton, was driving his snowmobile westbound on Kawagama Lake near Dorset around 6:30 pm on Thursday, when he struck a four foot ice heave. The machine he was driving landed 150 feet from the heave while Mr. Kelley landed in excess of 200 feet from the spot.

Kelley was rushed to Toronto General Hospital in critical condition with a fractured skull and broken right leg. Mr. Kelley, in his early thirties, died at 8:30 am on Monday as a result of these injuries. Investigation by PC Roy Telford.

World Cup skiing

SYNDICATED TRAVEL NEWS

IF YOU ARE THE TYPE OF SKI BUFF WHO GETS OUT ON THE SLOPES ONLY ON THE OCCASIONAL WEEKEND, and your lack of prowess shows because of your frequency, then here's a chance to see how the best in the world perform.

From late January into early February, the area of southern Germany known as Garmisch-Partenkirchen will be the site of the Alpine Ski World Championships.

When a rail link to the southern German villages of Garmisch and Partenkirchen opened in 1889, winter sports were just becoming fashionable — but they were mainly sledging, ice skating and curling. Only the courageous ventured up to the heights, on "skis" that were rigs of barrel staves and snow shoes, with pine greenery — forerunners of modern safety bindings — attached to feet and ankles.

Richard Strauss made his home in Garmisch in a handsome villa, now a museum, where he wrote most of his famous works, including "Rosenkavalier" and "Electra".

Today, skiing dominates the Garmisch-Partenkirchen scene, and in January the twin resort towns will host the 1978 Alpine Ski World Championships which open on the 28th of the month.

A former Winter Olympics site, Garmisch is situated in the Bavarian Alps, 60 miles southwest of Munich. A cogwheel railway and cable car combination leads from the town to the 9,721-foot summit of the Zugspitz, Germany's highest mountain. Just below the summit, on the Zugspitz glacier, they ski from October through late spring. The resort itself lies at the foot of a neighboring mountain, the 8,622-foot Alpspitze.

The first race of the Alpine championships is the men's downhill, January 29, followed by women's downhill, January 31; men's giant slalom, February 1; women's slalom, February 2; women's giant slalom, February 4, and men's slalom, February 5. Opening day ceremonies are in the Olympic ice stadium.

Garmisch-Partenkircheners boast that their 60 miles of slopes with more than 30 miles of well-tended runs, some fast, some easy, can match the best Alpine ski resort when the snow is good. Eighty ski schools instructors claim that after a two-week course even the clumsiest beginner can master the majority of trails — and dream of someday skiing what experts call the *Eistanzkurs*, the ice-dancing course, officially the "course for sports skiing".

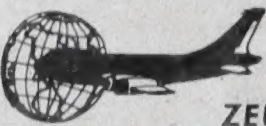
BUT SKIING IS BY NO MEANS THE RESORT'S ONLY WINTER SPORT. The Olympic ice stadium has outdoor and indoor rinks where anyone can skate to nostalgic waltzes and pop hits or watch fancy skating, ice show stars in training and ice hockey. Garmisch is also the German center for curling.

Heavy sleds with front runners curled up like animal horns race down mountain slopes in a relatively new sport called *Hornschlittenfahren*. Farmers once used the clumsy carriers to transport hay from high meadows. Now a "horn-sled" club stages races every year between Christmas and mid-January, to the delight of the local Bavarians, who gather from throughout the region to watch.



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TRAVEL SECTION

Chester for beauty and budget

A score or so years ago, urban planners and architects in North America came up with a revolutionary new concept — enclosed shopping arcades and malls.

It was a logical, convenient concept. Park your car in the vicinity and once inside, you have protection from the elements and the convenience of a variety of stores in close proximity. Somebody should have thought of it sooner.

Somebody did. More than 200 years ago a resident of Chester, in Cheshire, almost on the border of North Wales and just a few miles south of Liverpool, could have visited "Ye Olde Chester Tan Glove Shoppe" established in 1755 and gone on from it to dozens of other commercial esta-

blishments without exposing those new gloves to the dangers of a sudden cloudburst.

The shop is located in the "Rows", one of the distinct architectural features of Chester, said to be "unique and justly world famous..." The Rows consist of a double tier of shops, one at ground level, the other at first floor level, each provided with a footway and the higher one set back and covered by the upper storeys of the buildings.

The origin of the Rows have never been adequately explained. They are only to be found within the medieval walls which still exist intact and it is said of Chester "... this is the only city in England which still possesses its walls perfect in their entire circuit of two

miles and so remains a splendid example of a fortified medieval town."

An examination of the foundations of the city wall showed that the first defenses were made by the Roman legion but soon a stone wall, strengthened at a later date, was built.

In the thirteenth and fourteenth centuries, when Chester had its great days of prosperity as a flourishing port, several towers were added. But fortune is a fickle mistress and the city began to lose its standing as a port through the gradual silting up of the Dee estuary.

Nearly 2000 years have passed since the Romans built a fortress on "a low sandstone hill at the head of the estuary of the Dee and called the station Deva." Its key position

meant that it became a military and commercial centre and what is now Chester flourished until the legion withdrew about 400 A.D. and left the remaining Britons exposed to the incursions of marauding Saxons and Scots.

In 615 A.D. the city was totally destroyed in a fight between the Welsh and Ethelfrith, pagan king of Northumbria, and it lay in ruin for almost 300 years until Ethelred and Ethelfleda rebuilt the walls and founded places of Christian worship.

While many additions have been made in modern times, a conscious attempt has been made to preserve the flavor and homogeneity. Thus there are many instances of tearing down the building while maintaining the facade.

As a result, the visitor can enter a hotel which shows a Tudor face to the world, to find modern rooms equipped with television, telephone and individual baths. Yet the dining room may be authentically appointed with centuries-old artifacts.

Accommodation is plentiful, ranging from excellent modern hotels to the bed-and-breakfast homes which the traveller finds everywhere in Great Britain.

Prices are reasonable. About the most you could possibly pay anywhere is \$33 for two people in a double room without breakfast. However, the budget conscious can find a bed with a hot English breakfast for about \$3.60 per person.



While shopping malls may be a relatively new feature in all parts of Canada, they're really nothing new in Chester, England. This city has a number of malls dating back to the era of Elizabeth I. You'll get the friendliness and courtesy for which the English are renowned, and the convenience of comfortable shopping at the same time.

Canadian Tourism on upswing

This will be a turnabout year for Canadian Tourism. While 1977-finished with a \$1.7 billion deficit on international accounts, 1978 and future years should show increased travel by Canadians in their own country, as well as a continuing uprising in the volume of foreign visitors.

Canadians look forward to domestic advance booking charters (ABC), which supplement the increased volume of charter class fares (CCF) on regular scheduled aircraft by Air Canada and CP Air.

Canadians will soon be offered attractively priced inclusive tour charters. 54 new packages, produced by industry and government working together. You can get to about anywhere, any way you want, at prices that are affordable; fly, drive, take a boat, get on a bus, you can go by rail or use your own car.

In the last few years, Canadians have developed the reputation of being one of the most travelled people in the world. Whether seeking an adventurous experience, a broadening of their education, a holiday in the sun or just plain escape, Canadian travellers are high on the list as visitors to numerous international destinations.

Significant changes have happened, because both industry and government have finally faced up to the importance of tourism and started to work together in a more meaningful and practical relationship.

Encouraged by these developments which were long overdue, we hope that these are only a start.

— Joe Zeus

The Highlands Express

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Also the publisher takes no responsibility for statements or claims made in any advertisement and will, upon written request, reveal the name and address of person or persons responsible for placing any display advertisement, political or otherwise, except for "blind" box advertisements.



Taking advantage of the warmer weather and working outside, Minden Municipal employees had to dig up this

street to find a water-line leak. Traffic in the area was detoured for a couple of days.

Old age security pension payments go up in April

Increases in the Old Age Security pension, Guaranteed Income Supplement and Spouse's Allowance, effective in April 1978, were announced this week by Health and Welfare Minister Monique Begin.

Increases in Old Age Security pension and Guaranteed Income Supplement payments represent the 18th quarterly escalation based on the cost of living as provided for in the Old Age Security Act.

The new monthly total at the single rate for persons receiving both the basic Old Age Security pension and maximum Guaranteed Income Supplement will be \$266.54.

For a married couple, both pensioners, the combination of the basic pension and maximum supplement will provide a payment of \$508.46 for the couple monthly.

The basic Old Age Security pension will rise in April to \$156.66 from the present \$153.44.

The Guaranteed Income Supplement is paid to pensioners whose income, apart from the Old Age Security pension, is limited. The amount of the supplement varies in relation to the amount of income.

The maximum Guaranteed Income Supplement for a single person, or a married person whose spouse is not a pensioner and is not receiving a Spouse's Allowance, will go up in April to \$109.88 from its cur-

rent \$107.62. The maximum supplement for a married couple, both pensioners, will increase to \$97.57 each from \$95.56. Added to the basic pension, this will give each married pensioner \$254.23 monthly, or a total of \$508.46 for the couple.

The Spouse's Allowance is paid to persons between 60 and 65 years of age who are married to Old Age Security pensioners and meet residence requirements. Entitlement to a Spouse's Allowance, and amount paid, is based on yearly income.

The maximum Spouse's Allowance will increase to \$254.23 from \$249.00. The maximum Spouse's Allowance is made up of an amount equivalent to the basic Old Age Security pension and the maximum Guaranteed Income Supplement at the married rate.



"Ahem! These walls look paper thin."

Maple Syrup festival in Wilberforce on Saturday

A demonstration on the production of Maple Syrup will be held in Wilberforce this Saturday. A sugar shack will be built in the park beside the Lloyd W. Watson Memorial Centre and men will be available to explain the maple syrup operations.

Pancakes and sausages will be served from 9 to 3 p.m. in the centre — all you can eat for \$2.50.

Maple Syrup will be available for sale, along with maple syrup candy. It is hoped that a sugar bush tour can also be arranged, weather permitting.

To add to the festivities a flea market will be held and the tables are going fast for this interesting activity. Anyone wishing a table to sell their handcrafts, bake goods or white elephant articles would be advised to do so, as soon as possible. The tables are \$5 each, payable at the municipal office.

To continue the festival spirit, a dance will be held at the centre on Saturday night. Come join in the fun and fellowship and your presence will help build our new arena.

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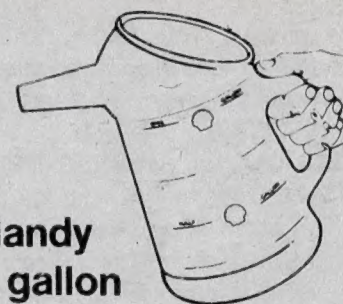
It's a top quality field cap at a low priced. That's what you get with all Shell products: quality at competitive prices.



Pocket Calculator \$7.95

with minimum 5 gallon purchase of Shell lubricants.

This LLOYD'S Accumatic 503 Microelectric pocket calculator can help you so much in so many ways. Farm records, application rates, yields, and many other uses. We're sure you'll find this 4-mode memory, automatic, multi-function a versatile little tool. It comes with an AC adaptor too.



Handy 1 gallon measuring can \$1.29
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Like desserts? Hate making 'em? Here's news!

The Cook Works

By GLORIA COLLINS

As a working cook, it's usually all I can do to put together an appetizing main course when I entertain. I have neither the time nor the energy to worry about dessert. Consequently desserts in our house have tended to be anti-climactic.

Recently, I set out to find some quick dessert recipes which would be easy to prepare. I was pleasantly surprised by those I found.

One of the easiest as well as the lightest and least filling was the quick Blend 'N Gel recipe below. While most jelled desserts take four hours to set, the ice cubes added to this one speed up the process. If you pop it in the fridge when you sit down to the first course, it will be ready by the time you are finished your main course.

Although I have only tried the raspberry Blend 'N Gel, there are several variations including chocolate, mocha, strawberry and orange, all calling for ingredients you are likely to have on hand. I always keep a box of frozen raspberries or strawberries in the freezer now so I have a ready dessert for unexpected guests.

Frozen patty shells can also come to the rescue of the working cook. Take them out and bake as needed; fill each shell with a canned peach half and top with whipped cream or use them as a base for individual baked Alaskas.

While they do take several hours to cook, pears baked in wine are really an effortless dessert. Put them on first thing in the morning in a slow-cooker or the lowest setting on your oven and they will be ready by dinner time.

A flambéed banana split is the perfect dessert for the showman who has the equipment for flambeing right at the table; or you can opt out of dessert altogether and serve deep fried camembert wedges with apple slices instead.

Finally, may I suggest that all-time favorite, home-made chocolate cake? The recipe below from the Chatelaine Cookbook is so easy to prepare you'll wonder why you ever used a mix. There is no beating, blending or creaming; it is so simple you can delegate the cake baking to your children and get out of making dessert altogether.

BASIC VANILLA BLEND 'N GEL

2 envelopes unflavored gelatine
1½ c. cold milk, divided
1 c. milk, heated to boiling
2 eggs
½ c. sugar
2 tsp. vanilla extract
1 c. ice cubes (about 6-8 cubes)

In a 5-cup blender container, sprinkle unflavored gelatin over ½ c. cold milk. Let stand 3-4 minutes. Add boiling milk and process at low speed 2 minutes. Add remaining 1 c. cold milk, eggs, sugar and vanilla. Add ice cubes, one at a time, and process at high speed until ice is melted.

Pour into individual serving dishes; chill until set, about 30 minutes. Note: For a richer dessert, use ½ c. cold milk and 1 c. cold heavy cream in place of the cold milk.

Variations:

For chocolate add one 6 oz. package semi-sweet chocolate pieces at same time as the eggs and sugar. Reduce vanilla extract to 1 tsp.

For mocha, prepare the chocolate Blend 'N Gel, adding 1 tbs. instant coffee powder with the chocolate pieces.

For strawberry or raspberry, add 10 oz. of frozen raspberries or strawberries, partially thawed, and 2 tsp. lemon juice at the same time as the eggs and sugar. Omit the vanilla extract.

For orange, add the grated peel and chopped fruit of 1 orange at the same time as eggs and sugar. Omit the vanilla extract.

BAKED ALASKA

Bake two frozen patty shells or use two you have purchased fresh. When cool, fill each shell with ice cream and dribble a little Kirsch over top of ice cream if you like. Cover the ice cream and patty shell completely with meringue and bake in a preheated 450 degree oven for 5 minutes or until delicately browned. Serve immediately.

NOTE: For the meringue, beat two egg whites until frothy. Gradually beat in 4 tbs. granulated sugar and continue beating until stiff. Flavor with ¼ tsp. vanilla.

PEARS BAKED IN RED WINE

6 pears
2 cloves
1 cinnamon stick
1 bottle red wine
½ pint whipping cream

Peel the pears but leave the stems on. Put in a narrow oven proof dish with cover or in the bottom of your slow-cooker. Cover with an inexpensive red wine and add cloves and cinnamon stick. Bake on lowest possible heat for at least 10 hours.

Serve the pears in glass dishes with some of the wine and top with whipped cream.

FLAMBÉD BANANA SPLIT

2 bananas
2 tbs. butter
2 tbs. sugar
2 tbs. brandy
ice-cream
chocolate mint liqueur (optional)

Slice bananas in half lengthwise. Saute over high heat in butter, adding 1 tbs. sugar for each banana. Keep the pan moving so the bananas won't stick and turn them with a spatula.

When the bananas are well-browned and the sugar has caramelized, flambe with the brandy which has been pre-heated. Serve over vanilla ice-cream and top with a chocolate mint liqueur if desired.

DEEP-FRIED CAMEMBERT

Chill an 8 oz. round of Camembert cheese and then cut into 8 wedges. Dip into 2 slightly beaten eggs and then roll well in fine dry bread crumbs. Fry in oil that has been pre-heated to 400 degrees F. for about 30 seconds or until brown. Serve immediately with sliced apples.

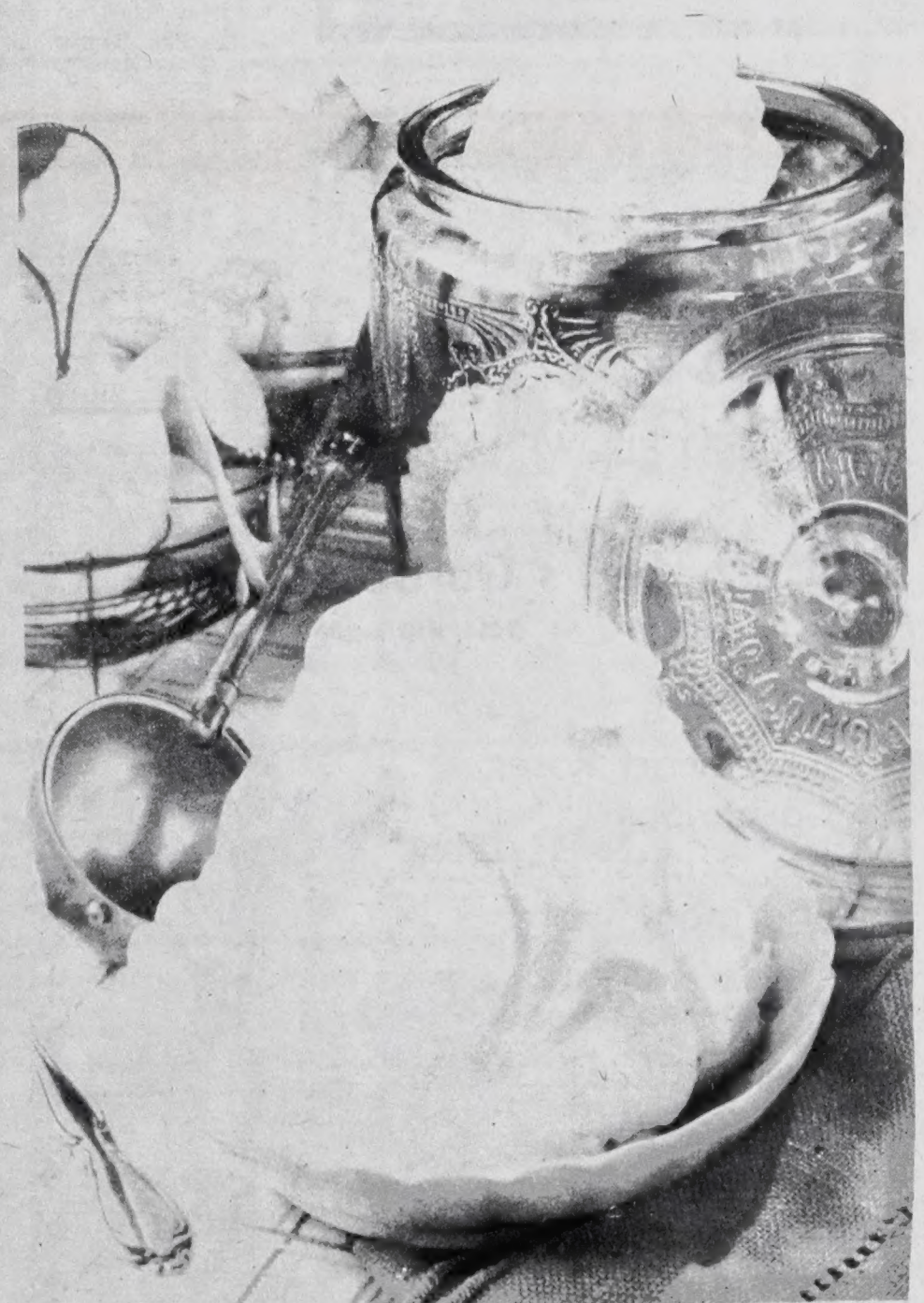
WACKY CAKE

1½ c. pre-sifted pastry flour
4 tbs. cocoa
1 tsp. baking powder

1 tsp. baking soda
½ tsp. salt
1 c. fine white sugar
1½ tsp. vanilla
1 tbs. vinegar
5 tbs. salad oil
1 c. lukewarm water

Sift dry ingredients into an ungreased 8-

inch square pan. Make three holes equally spaced in the mixture. Pour vanilla into one, vinegar into another and salad oil in the third. Pour water over the top and stir well. Bake at 325 degrees F for 45-50 minutes or until a toothpick inserted in the centre comes out clean. Cool and frost. This is a heavy, moist and rich cake.



BAKED ALASKA made easy with patty shells.

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W. J. Moore,
Property Standards Officer



700 people jammed the Minden Community Centre last Friday evening and were treated to a very fine play-off encounter, between Minden's Vasey Juveniles and Havelock.

Minden won the contest 7-5 to take a 2-1 lead in the best of 4 of 7 series.

Scotty Hamilton scores with 6 seconds left to give Minden win

On Friday evening at the Centre, Minden OMHA Pee-wees took a four-point lead in their round robin play-off series with Haliburton and Fenelon Falls. Minden now has 10 pts. after edging Haliburton 2-1 on a goal scored by Scotty Hamilton with just six seconds left on the clock. Fenelon Falls has six pts. in the series and Haliburton four.

Haliburton opened the scoring on a goal by Kelly Mitchell, assisted by John Teljeur and Barry Boice. The score remained 1-0 until late in the third period when Doug Schell set up Hamilton for the tying goal and then Paul Walker slid the puck to Scotty for the winner.

Vasey Juveniles win 7-5 now have 2-1 lead over Havelock

700 people jammed Minden Community Centre on Friday evening and really got their money's worth as the Vasey Juveniles dumped Havelock 7-5. The win gave Minden a 2-1 lead in the four out of seven All-Ontario semi-finals.

Lorne Curry and Chris Gerow gave Havelock a 2-0 lead early in the first period but a power-play goal by Brian Shaw at 14:16 and a beautiful shot from the point by Al Clement just 14 seconds later evened the count.

Brian Shaw gave Minden the lead 3-2 at 12:28 of the second period, while killing a penalty. Less than a minute later Tim Bain scored from Steve Davies to end the period 4-2.

The third period started off like gangbusters, with three goals scored in 16 seconds. At 1:55, Steve Davies got his first of two in the period to make the score 5-2 assisted by Bill Hogg. Then Havelock's Ken King scored two in seven seconds to cut the deficit 5-4.

Tim Davies split the defence at 5:01 unassisted and Steve Davies clinched the victory, steering in a super set-up from Shaw. Havelock's Steve Cross got the final goal of the game to make it 7-5.

Minden picked up the lion's share of the penalties in this contest, as well as two game misconducts to Bill Musclow and Tim Bain. Bain will have to sit out the next game in Havelock. Shots on goal were almost even, with Havelock edging Minden 29-28. Three stars of the game as picked by The Express, Brian Shaw, Mike Bird (Mike stopped 17 shots in the second period while Minden was shorthanded for seven straight minutes), and third star Steve Davies.

Creemore wins 3-2 in overtime, Minden leads series 2-1

CREEMORE — On Saturday afternoon in Creemore, Minden's Jadek Sport Bantams were hoping to wrap up their best three out of five all-ontario semi-finals series. However, a young man by the name of Paul Kitchen wasn't ready to hang up his skates for another year. Kitchen is the fine young netminder for Creemore and he wasn't going to be beat.

Creemore jumped to a 2-0 lead by the end of the second period on goals by Mike Wilson and Lee Shaw. However, as has been their pattern all year, Minden came out flying in the third period to tie the game and send it into overtime. Ivan Ingram got the first Minden goal, assisted by Ron Yake and Dave Lennie. Harold Porter knotted the game with an unassisted goal late in the period.

The overtime belonged to young Paul Kitchen. Minden had outshot their hosts 10 zip up to the 1:14 mark of the period, when a clearing pass hit the stick of Robert McLeod and he made no mistake depositing it behind a startled Terry Crowe.

Officials handed out 56 minutes in minors, 14 to each team, as well as a major and game misconduct to Creemore. The next game is in Minden at 8 pm.

In the News



WHERE HAS romance gone? Gregory Peck turns villain in a nasty role as a German in "The Boys From Brazil." This is his first major heavy role in 34 years as a leading man.

Just got a birthday card that really touched me. It was addressed to "Occupant."

Correction

In the last edition of The Express, a story stated that the Minden Kinsmen Club would stop dredging at the ice track. Well, the Kinsmen Club hadn't done any dredging it seems. However, they are presently doing a feasibility study on the cost of possibly draining this area for a proposed "participark" which they hope to construct. Our apologies for any problems this erroneous error may have caused.

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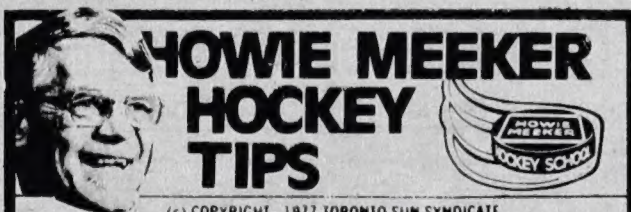
Easter Lilies
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Eddie Cox getting hot for Open

CARNARVON — Eddie Cox, a member of the 1000 Lakes Bowling Association men's team, that will be taking part in the O'Keefe Open in Hamilton, came up with another fine night in the league on Wednesday rolling 294, 254, 229 and led his teammates Minden Progress to an 11 pt. evening.

However, the big move in the league standings goes to lingoldsby, who accumulated 17 pts. thanks to the super bowling of Grenville Barry (316-228-202), Reg Burk (293) and Walley Crofts (276,233).

Modern Electric was right behind with 16 pts., led by Ronnie Robinson (291-237), Herman Bosley (311-207). Rockcliffe Hotel came up with 15 pts. led by Wayne Coltman (288-232). Peterborough Lumber took 12 pts. led by Bob Robinson (274), Jim Wilson (269) and Fred Cox (264).



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STICK LENGTH

The hockey stick, which is the next most important piece of equipment after the skates, is subject to one major mistake by parents and boys. It is also the one instance where the youngsters fail in most cases to copy the professional. The kids' sticks are way too long. Years ago some well-meaning character came up with a formula for determining stick length: With skates on, stand the stick on its end in front of you and cut it off at chin level. The stick will now be from 2 to 4 inches too long. Next time you watch a professional hockey game from Montreal, Vancouver or Toronto, watch for the players on the bench who, during the playing of the national anthem, stand their sticks in front of them. See where the top of the sticks are? They're chest high, not chin high.

Some time during their careers, they learned that the shorter stick is obviously better. Yet thousands of kids are starting out with the old nose or chin measurement. We sure don't make things easy for them, do we?

Here is what happens with a chin, mouth or nose-measured stick or one that is several inches too long. Stand the player with his feet 18 inches apart on the ice. With his hands on the stick in the normal position (the top hand grasping the stick at the end) have him place the blade on the ice. In order for him to get the full length of the blade on the ice, it will be necessary to draw his top hand back against his hip. In extreme cases, his top hand could be 4 to 6 inches behind the front of the hip and as high as the waist or lower chest area. Standing still, it will be almost impossible for him to shoot or receive the puck or stick handle without moving that top hand out in front of the body. In order to carry out those functions, the top hand will have to be well in front of the body where it can be moved from side to side. As soon as the player does this, the toe or front end of the blade will lift several inches off the ice. If you think he feels awkward standing still try to visualize what happens when he starts skating. When a player starts to move, he must automatically crouch lower in order to utilize his hip and leg power. Naturally, the more he bends his knees the higher the toe of the stick lifts off the ice making it virtually impossible for him to control and carry the puck.

The boy has to have a stick the correct length. With blade flat on the ice, both hands should be free to pass in front of the body, with the body erect and eyes looking ahead. The boy can maintain this position skating with the puck — both hands on the stick — over a long period of time without the danger of getting a sore back. Next time you see an NHL game on television take your eyes off the puck and examine the man who is carrying it. In nearly all cases, when stickhandling, both hands are in front of the body and about 90% of the stick blade is on the ice. Then try the same thing yourself or have a boy try it with a stick that is measured to his chin or nose. See what I mean? In order for the vast majority of boys to stickhandle, pass and shoot properly, the end of their sticks (when stood on end in the traditional manner) should come no higher than the top of their chests. That's the only way the professional can dippy — doodle the puck, by passing both hands back and forth in front of his body and still keep the blade of his stick flat on the ice. Chances are you could not identify his stick (by length) when stood in a rack with a team of Bantams' sticks. Learn this well, because after poor skates, a stick that is too long is the next most outrageous handicap we can give a young player.



Warren Mann sets YBC record

CARNARVON — Last week in the Carnarvon Youth Bowling program, a new high single record was rolled by senior Warren Mann, a super 334. He put singles of 197 and 183 with this fine record game to total a 714 triple. This fine performance by Warren along with his 252,212,146 for 610 triple this week, has vaulted his team, the Super Jets, back into the running for the league championship. The Jets have taken 30 of a possible 32 pts. the past two weeks.

Devil's Angel's remain on top, followed by Yake's Yappers and the Super Strikers. Other fine performances over the past couple of weeks go to Sean Harrison, 259,211,238. Shane Blakey 204,209,199, Kevin Warburton 211,173, Barbara Adams 234, Cathy Darby 206,240,204, Diane Cowan 223, Dale Allison 202, Andrew Boyes 204, Nancy Conway 165,160, and John Fountain 188, 166.

Bowlers of the Month for March go to Warren Mann a senior for his super performance last week and to junior, Darlene Allison for raising her average six pts. this month.

League standings with three weeks of play left before play-offs are: Seniors, Carnarvon Cleaners 106; Sam's Superstars, 91. Juniors, Devil's Angels, 211; Yake's Yappers, 207; Super Strikers, 190 and Super Jets, 182. Bantams, Peggy Conway and Jimmy Masters are tied for the top with 36 pts. followed by Richard Beers with 28 and Susan Ballantyne with 24.

Mike Hatkoski holds top average in the program with 187, Cathy Darby is tops among the girls at 177. Top single belongs to Warren Mann of 334 and Cathy has the top girls single of 279. Warren has the top triple of 714 and Cathy the top triple of 650.

Advertising... points the way to better buys.

Eva Piper off to Prov. in London

On Sunday at Bancroft Lanes, 90 presidents, secretaries and treasurers from Carnarvon, Fenelon and Bancroft, gathered to take part in the 1978 zone finals of the Thomas Adams Distillers, Presidents, Secretaries and Treasurers tournament.

Representing the 1000 Lakes Bowlers Association at this year's Provincial finals in London will be the following. Bill Korz of Fenelon Lanes rolled a three-game block of 798, including a fine 334 single and will compete in the Presidents division. Runner-up to Bill was Doug Leonard of Carnarvon with 714.

Eva Piper of Carnarvon Lanes topped the Secretaries with a great 791 triple, which featured a 291 single. Runner-up to Eva was Brenda Card of Bancroft with 748.

Merv Dunn had the toughest time of all the bowlers, staging a head-to-head battle with Carnarvon's own Audrey Fountain. However, when the final game was rolled, Merv put a 353 single on the board and Audrey a 291. The final total was Merv Dunn of Bancroft, 800, Audrey Fountain 799.

The finals this year will be rolled at Bowl-A-Rama in London, Ont. on May 13th at 1 pm.

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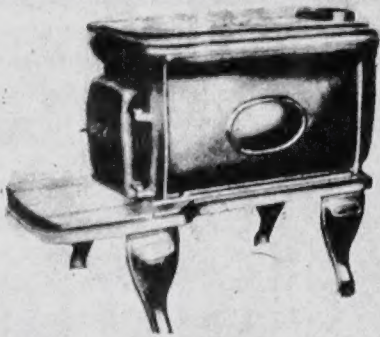
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Starting at the bottom

by Richard Charles

Warm air rises, so good attic and wall insulation will stop the heat from escaping and keep a home snug — right? Only half marks awarded for that answer, because heat escapes in any direction where it finds something cooler; and that has accounted for a lot of cold feet in the history of the human race. A floor laid over a crawl space, open foundation or concrete slab without effective insulation can make life miserable and waste a lot of heating energy.

A crawl space may be either heated or unheated, and this determines how it is insulated.

For a heated crawl space the proper insulating material is extruded polystyrene, a blue material that is also known as "styrofoam". This is not only a good insulator, but it resists moisture, and that's important down under the house.

Apply polystyrene insulation to the outside of the wall of the heated crawl space. It should be at least 2 inches thick, and 3 inches is even better, but this will depend on what your local climate demands and on how much you can invest in insulation. In addition, from the base of the crawl space wall outward you need to lay the same insulation to a width of at least 2 feet all round; and 3 to 4 feet is even better along with the 3-inch thickness.

If a porch, driveway or some other obstruction prevents you from fitting all the insulation to the outside, switch to the inside at that point, but make the outside and inside insulation overlap where they meet. Remember, too, that inside insulation with polystyrene needs a gypsum covering as protection against fire.

If there is no vapour barrier, lay one on the floor of the crawl space and cover it with two inches of sand.

You don't need to insulate heating ducts or pipes that run through the crawl space once you have insulated it.

With a crawl space that must be ventilated and cannot be heated, you have to insulate under the house floor using batt or blanket material, and preferably with a vapour barrier attached (make sure this is on the warm side, which means "up").

Hold the insulation in place with building paper or chicken wire stapled to the joists, or with other supporting material. Cover the crawl space floor with a vapour barrier under two inches of sand.

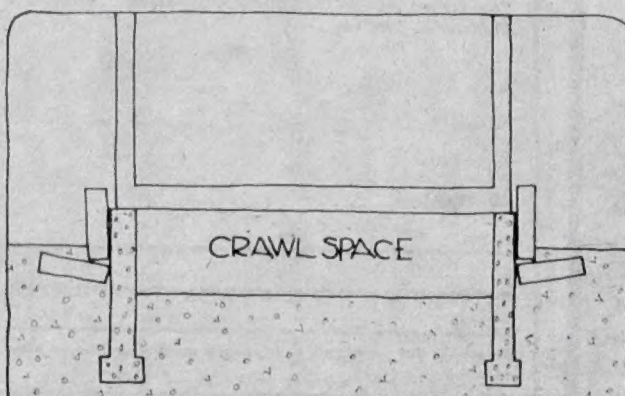
If heating ducts or pipes run through the unheated crawl space make sure that they are either on the warm side of the insulation, or are insulated separately with batt or blanket insulation wrapped round them or laid lengthwise. Special balls have a vinyl cover for this purpose. Use tape to hold the insulation in place.

With open foundations, insulate under the floor in the same way as you would an unheated crawl space, but also protect the insulation with building paper or wood against wind, animals and other threats. If the spaces between the floor joists are covered in, you will probably need to have a contractor blow loose insulation into these spaces.

A foundation consisting of concrete slabs should be insulated on the outside as with a heated crawl space, or basement.

The Office of Energy Conservation, Department of Energy, Mines and Resources has a lot more information to help you insulate crawl spaces and foundations. Write for a booklet called *Keeping the heat in* to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1.

For information on government grants for re-insulation, write to: Canadian Home Insulation Program, P.O. Box 700, St. Laurent, Quebec H4L 5A8; or phone collect (514) 341-1151.



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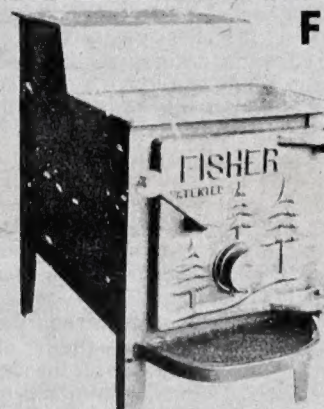
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Maple Sugar time again

Every year during the early spring months, when the days are warm and invigorating, the sap begins to run in maple trees. For several years, the Otonabee Region Conservation Authority has been taking advantage of this natural happening to bring to the public a Maple sugar demonstration.

The annual demonstration will be held again at Hawthorne Maple Bush at Warsaw, 12 miles north-east of Peterborough. Open 10 to 4 p.m., the demonstration starts March 24th and ends April 9th. More than 2,000 trees are being tapped on the 90 acre maple sugar site.

This is a demonstration of maple sugar production from the time of the early explorers when the sap was collected in bark containers and hollowed logs, to be boiled in iron kettles over a pungent smokey fire, to the modern times of tapping the trees with special spiles and plastic pipelines to be processed in an evaporator inside an original sugar shack built by Edward

Hawthorne in 1898.

Sap is collected in a large metal drum and a horse-drawn sleigh is used to carry it to the sugar shack. The sap, being 90% water when it enters the evaporator, is boiled at a temperature of 218 degrees F and fed through a series of six troughs before reaching the density required for syrup. Wood is used as fuel to feed the fire beneath the evaporator, which must be kept at a constant temperature.

There is no charge to see the demonstration, but maple syrup will be available for purchase. Also, in case you get hungry in the invigorating climate of Dummer Township, the Lakefield Lions will be selling pancakes dripping with maple syrup, with the proceeds going to charitable projects.

If you think you're pretty important, try and spot your house or office building from a plane flying at 30,000 feet.

Study recommends Lutterworth dump site be filled in

LUTTERWORTH — At the regular meeting of Lutterworth council, an extensive report from the Ministry of Environment was discussed, dealing with the Davis Lake waste disposal site.

The study was done by the Technical Support staff of the Ministry and stated that although there was no pollution problem at the present time there could be in the future. Therefore, one of the recommendations was that council fill-in the present dump site to a depth of two feet. Council will comply with this recommendation and will also stock pile fill for future coverage.

Due to the extensive nature of the report, council will study it until the next meeting in April and will request a representative from the Ministry to be at the meeting to explain the report in more detail.

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Red Cross hold annual meeting

MINDEN — More than 100 people turned up at the Fireside Restaurant on Thursday evening on the occasion of the 29th Minden Red Cross annual meeting.

Sitting at the head table this year were vice-president, James Burton (filling in for Al Stott). Helen Burton, Development Officer for Ontario Betty Spry and special guest, MPP John Eakins and his wife Iris.

The evening started with a social hour, followed by a beautiful dinner. At the conclusion of dinner the meeting commenced with each chairman giving their year-end reports.

Development Officer Spry brought greetings from the president of the Ont. Red Cross, Fred Blucher and the Commissioner.

Special guest MPP John Eakins spoke on his trip to Europe and Israel and also spoke on the hospital situation in Minden. He promised to do all he could to see that Minden's hospital remains just that.

Last chance for Skate-A-Thon

Entries for the Minden Rotary Skate-a-thon are still being accepted and it is expected that many more skaters will pick their pledge sheets up by Friday.

The skate-a-thon was started to help all local organizations raise funds. Half of the money pledged will go to the Rotary Club for community work and the other half will go to the organization that the skaters get the pledges for.

All costs of the event will be paid for by the Minden Rotary Club. There is no admission charge for spectators. The skate-a-thon will be held at the Centre in Minden on March 31 and April 1st.

Lutterworth accepts protection from Somerville Fire Depart.

LUTTERWORTH — On Tuesday night, Lutterworth council passed a resolution accepting the terms of a contract with the Township of Somerville for fire protection for 1978.

Terms are the same as last year, \$100 flat rate per call. Reeve, Bill Valentine and clerk-treasurer, Wayne Hughes signed the agreement, which will give fire protection to the southern part of Lutterworth Township. Anson, Hindon and Minden supply fire protection to the northern end of the Township.

A hypochondriac is a person who enjoys ill health.

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Martin Lumber, Harcourt, buys Sklar Furniture Company

G. W. Martin, president of G. W. Martin Lumber Company Limited, Harcourt, Ontario, announced today the purchase of all the assets of Sklar Furniture Company Limited, Mattawa, Division.

The Sklar Complex at Mattawa, Ontario, consists of a band sawmill, dry kilns, furniture component plant, and produces approximately 12 to 15 million feet annually of hardwood lumber. At peak capacity in 1975, the company employed 300 persons in the plant and logging operations. The logging divisions has a volume agreement with the Ontario Ministry of Natural Resources for 16 million feet annually of birch and maple logs.

Martin Lumber will continue to operate the plant on a similar basis, and they are optimistic that the dimension plant will re-open sometime in the future.

Martin Lumber owns and operates a sawmill, planing mill, dry kilns, chip plant and dimension plant at Harcourt and a rotary veneer plant at Tweed, Ont.

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A new home, a used home,
a new car, a used car—
You Can Find It All In
The Classified Columns
Of The Highlands Express

Think small

by Jim Smith

Politics and Fraud

If you deceive people to get their money, the law calls it fraud. But if you deceive people to get their votes, that's known as politics. The only real difference between fraud and politics is that it's often easier to con the voter.

Confidence men (and, in this age of sexual equality, women) play on the victim's willingness to be deceived. Greed is the con man's stock in trade. And nowhere is there more greed to be found than in the way Canadians regard government.

Canadians think of government as a cornucopia of free public benefits. Government is expected to provide pension benefits that exceed the actuarial value of the amounts contributed. Government is expected to provide income for unemployed workers who do not wish to work. Government is expected to provide education far beyond the level that is useful to society. Government is expected to provide bigger libraries, more art galleries, grants to opera, ballet and travelling rock bands and bigger, more lavish parks. Above all, government is expected to do all this for free.

The public hates to hear the truth. Politicians running on platforms of fiscal restraint have the same odds on survival as a mouse in a cat factory.

The best things in life may well be free—but they aren't provided by government. Only ten years ago, one-third of every dollar earned went to government; today, government grabs about 42 cents out of every dollar. Not only

is government spending more; it's spending a larger share of what we earn.

The real costs are enormous. Private businesses have been absorbed by government. Workers know the state will keep them if they can't find suitable employment so business has trouble recruiting competent help. Higher taxes to pay for family allowances, pensions, health care and unemployment benefits lead to higher prices and wages as employers and employees struggle to protect themselves from shrinking profits and take-home pay packets; under these conditions, it doesn't take long for Canadian business to price itself out of world markets. Worse yet, the majority of government spending schemes are indexed so that costs increase faster than tax revenues. The federal deficit for the next year will be about \$14 billion — and there's no relief from the deficit budgeting in sight.

Recently, the Canadian Federation of Independent Business submitted a brief on Canada's industrial future to the federal and provincial governments. The message was simple: Canada cannot become a strong industrial nation until all Canadians once again become more self-reliant, free from the dependence on government "gifts".

The unfortunate part of a welfare state is that adults as well as children believe in Santa Claus.

"Think small" is an editorial message from the Canadian Federation of Independent Business ©

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FOR SALE: 1973 Moto-Ski 440 Capri, original owner, low mileage, back rest and carrier. Call 286-1105.

Woman's Navy all-weather Coat, size 14-16. Phone 457-2672.

FOR SALE: 1975 Olympic 300 Ski-doo, like new and a 1972 340 TNT. Call 286-2082 after 5 pm. (6c)

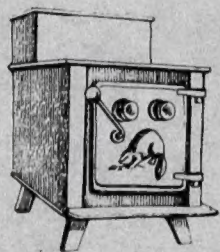
FOR SALE: Dual 1225 turn table; Marantz 1120 integrated stereo amplifier, 60 watts per channel RMS; Integral EPI power amplifier boosts power to 150 watts per channel RMS; and four Cerwin vega speakers. Above items will be sold individually or as a package. Suitable for DJ work. Call 286-1105.

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TRUCK CAP (Wood) carriers windows and screens. 6' box, \$45. Call 448-2176.

1972 TNT 640 completely overhauled, good condition. Reason price, 1 owner, call 286-2096.

ROCKING CHAIR, dresser, spool bed frames, clock, sewing machine, some antiques, many items. 489-2297

FOR RENT

RENT OUR RINSEVAC the new compact carpet cleaning machine at only \$12.00 per day. Available at Hillside Pro Hardware, Main St., Minden 286-1171

BRING IN

THIS AD &
Save 50¢

TENDERS

PROVISIONAL COUNTY of HALIBURTON YEARLY SUPPLY TENDERS

The following products are required by the Roads Department for the year 1978. Please forward prices on your own letterhead showing all taxes and delivery to the County Patrol Yards.

1. Farm fence and gates
2. Steel fence posts
3. Cedar fence posts
4. Calcium chloride
5. Non asphalt oil for dust control
6. Road signs and sign posts
7. Rivetted metal drainage culverts
8. Patching emulsion. RS1
9. Guide rail cable

Quotations close on April 7, 1978, lowest or any quotation not necessarily accepted.

W. E. Obee, P.Eng.,
County Engineer
Minden, Ontario K0M 2K0
705-286-1762

FOR SALE

FOR SALE: — Two long gowns, one size 12 and one maternity size 12-14. Call 286-1852.

Gendron Baby Carriage, converts to stroller and bassinet. Excellent condition, phone 286-1852.



STOP

THINK

Be a RED CROSS Blood Donor

Antique SCHUBERT PIANO in good condition with stool, please call 286-1751.

ANTIQUE GRAND PIANO (upright) perfect condition, scraped to natural wood finish (circa 1830-50) \$1200.00 Call 457-1951.

8 MM MOVIE PROJECTOR one super 8 movie projector. Call 286-2154 evenings.

SALAD BOWLS, serving platters, warming casseroles, drapes, Sherbert glasses etc call 489-2237.

CHEV ENGINE, LT 350 hp, complete job, 5000 miles since built, call 448-2264.

WOMAN'S WARDROBE — slacks size 16, shoes size 7-7½. Some never worn. Call 457-2672.

SPLIT LEATHER PANT coat with zip out lining. Size 14-16, phone 457-2672.

Electric lawn mower, hedge trimmers, traps, belts, Coleman lamps and stove, many other items. 489-2297.

Woman's Camel Pant Coat size 14-16, phone 457-2672.

An optimist is a man approaching a revolving door while carrying three hat boxes.

WANTED

25 h.p. wide track **SNOW-CRUISER** in good condition. 457-1147 after 6 pm.

HOME for Siamese cat, female, spayed, two years old Phone 286-2154 evenings.

17 YEAR OLD out of school will do anything, reliable. 286-1844 ask for John.

SERVICES

SNOWPLOWING

Haliburton area only! Reasonable rates, fast service. First plowing complimentary. Call 457-1011. (5tf)

HIAB log loader and two tandem trucks ready to haul. Call 457-1011. (5tf)

H. ROMAN TAX SERVICE

- Personal Returns;
- Business;
- Farm.

Guarantee: I will pay any fine and or penalty incurred as a result of my error. Telephone 286-1756

OUR WEEKLY BREAD



A ragged cloak on His shoulders, a crown of thorns on His head — "Here is the Man!"
Whipped and mocked and falsely charged — "Here is the Man!"
Abandoned by his friends cast off by his people — "Here is the Man!"
Look at the loser, the victim, the scapegoat. He has no armies, no advocates, scarcely a friend.
"Here is the Man!"
Alone, but not lonely. Beaten, but undefeated. Crushed, but calm.
"Here is the Man!"
And in that one Man, see all of us.
In His defeat, see our victory.
"Here is the Man!"

A P E R C O T N A C S O T K T
N C D R A M A T I C S E A F R
I O E N P F R S O S M L A C A
V L N L A O S R E P O N O F G
I O O R B A E N E G S M I N E
D R I E L A T S E S P R I V D
E A E C E A T R E E E M A M I
M T M S E U O C L N L G A I E
O U A R O P C L I E C N M T N
R R G U O U I O H D H I I A N
G A S U S N R W E A E M R L E
N R L F G E R C T R P R P Y W
I O E I H E O T E N A A P E L
S L S E V R A T E S C H R N E
T L O O K N O D N O L C S T U

Samantha READS YOUR STARS

If you were born this week: You like to be in a position of control and make an excellent leader. You dislike anything that even sounds like an order. You are adventurous, always ready and willing to try something new, and rarely turning down a dare. You may have a hot temper, but you don't hold grudges.

ARIES (3-21 — 4-19): It's appropriate that the beginning of spring and the season of Aries should coincide. For you, it'll ram, exemplify the awakenings, beginnings and adventures of springtime.

And the courage and vitality of those first green shoots pushing through snow are mirrored in you. Happiness, Aries.

TAURUS (4-20 — 5-20): Cupid has scheduled special events for you, Taurus, so don your new finery and GO! Full moon may present you with a dilemma. It may prove to be a real character builder. Sorry about that. Days come to hot finale.

GEMINI (5-21 — 6-20): You may face a small conflict between desire and duty, Gem. If you take care of the latter, you can satisfy the former in good conscience. Later, you receive a lesson about love, and it's a real joy to learn it. Days hop by with basket of eggs — handle carefully, some are raw.

MOONCHILD (6-21 — 7-22): Handle small details, including errands and calls early in week, Moonbeam. Then, expect lots of action on the home front. Be prepared to compromise and don't be surprised if you run out of time. Days wind down with some much-needed R and R — romance and relaxation.

LEO (7-23 — 8-22): The wide open spaces, including those of the mind, lure you this week, Leo. Watch for important news, perhaps concerning a trip. Put your toothbrush in your jeans and be ready to hustle off, even if just for the weekend.

VIRGO (8-23 — 9-22): There are so many intriguing activities going on, Virgo, that you want to put a finger (or two) in every pot. Unless you want to burn yourself out before it's even Maypole time, turn on

your willpower and learn to say 'no'. Days whiz by with an S, for sensual, shock, and super.

LIBRA (9-23 — 10-23): Your feelings toward a certain person may undergo a rather major change, Libby. Expect an offer, a surprise and a revelation. And, with all that food for thought, find yourself a quiet nook and meditate.

SCORPIO (10-24 — 11-22): Not only is this a week for egg rolls, but you may also feel like you're walking on some of those eggs. Sticky, secretive situation could put you in the middle — right between a hard place and a rock. Sneak out, Scorpio.

SAGITTARIUS (11-23 — 12-21): Tie up loose ends into neat little bows early in week, Sag, then you'll have more time for a jam-packed social-love life. New romantic interest is outa sight. Days boogie to sexy, secluded fini.

CAPRICORN (12-22 — 1-19): Week ahead sees you almost as busy as the Easter bunny, Cappy. Several visitors and a spot of redecorating keep you jumping on the home scene, while outside commitments and big news vie for your attention, too.

AQUARIUS (1-20 — 2-19): Excitement is in the air, Aquari, and you're hit with a delightful case of spring fever. You feel as frisky as some of those new lambs that are beginning to hit the ground. Loving partner joins your frolic.

PISCES (2-20 — 3-20): For once, you know what you want and you're willing to go after it aggressively. More power to you, Pisces. Sam's proud of you. You can confront and you can control, but let the fine hand of manipulation help you, too. Week continues on key of C, for coins and cuddly!

WELCH'S STORE

'Happy Easter Features'

Geese — Ducks — Large Roasting Chickens — Butter Basted Turkeys — Boneless Hams — Smoked Picnic Shoulders, "Ready To Eat" — Maple Leaf Hams — Schneider Old Fashioned Ham — ALL AT EASTER FEATURE PRICES!

— ALSO —

Extra Deep Cut Feature:
Ready Cleaned Young Hen Turkeys, 8-14 lb avg. 69¢ lb
Limit one per customer with \$10 purchase excluding pop and cigarettes.

Jubilee Bacon, sugar cured by Canada Packers, 1 lb pkg. \$1.23

Dinner Style boneless smoked Pork Shoulders, ready to eat \$1.79 lb.

Sauerkraut and Weiners. 2 pounds of our Sauerkraut and 1 pound pack of Maple Leaf Weiners, 3 pounds of good eating for 1.89

10 oz. jar Carnation Coffee Mate \$1.09

10 oz. jar Maxwell House Instant Coffee \$5.49

Four Star Flaked Bonito Tuna, 7¾ oz. 89¢

Allen Fruit Drinks, 48 oz. 59¢
(Grape, Apple, Pineapple Orange)

These and many other good values at:

Welch's Store

Hwy. 530 at Maple Lake
Telephone: 754-2787



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We just need a
number and 60 seconds
to cut a Car or
Truck Key

at

Curry Motors Ltd.

HALIBURTON — 457-2100

IF IT'S FOR SALE

A CLASSIFIED AD WILL SELL IT!



Jan Tennant, CBC announcer and the first woman to read the "National" TV news, hosts a number of TV and radio series. She's just wound up her hosting role on After Four, a series for pre-teens, which will return to the children's schedule next fall. Nationally she is heard on CBC Radio Stereo hosting Opera Theatre, Sundays, 5-8 p.m. and on one of CBC AM Radio's longest running series Gilmour's Albums heard on Sundays from 12:05 till 1 p.m. and on Stereo, Saturdays at 7:05 p.m.

BUYING OR SELLING,
TELL THE COUNTY
ALL ABOUT IT.

Express Want Ads.



Thinking Slim

BY JEAN NIDETCH

Is there any emotion stronger than maternal love? Perhaps. But who can argue that a mother's love can be boundless.

And, when it comes to food and fatness, that can sometimes be difficult.

"Finish your noodles," "drink your cocoa." I could go on and on, but those of us who were raised to turn in sparkling clean plates after every meal (and I never had a problem obliging) know that when we decided to change our eating habits, mothers sometimes became alarmed.

For example, take my young friend, Linda, 16, who wrote me recently.

"I'm about 25 pounds overweight," she wrote, "and I'd really like to lose them, but whenever I talk about dieting my mother tells me to stop being silly. She says I'll get sick if I stop eating and that I'm fine the way I am. But I don't feel fine and I don't know what to do."

Poor Linda. What a predicament. Being both a mother and a daughter who, as I say, experienced the food-is-love treatment from my own mother, I can appreciate the problem.

Difficult, yes, but certainly not impossible.

First of all, I told Linda, I thought it was wonderful that she wanted to shape up. After all, the younger one starts to eat properly, the easier and better it is.

Secondly, it was understandable that her mother would be concerned about "dieting." We're confronted these days with one fad diet after another, all guaranteeing quick weight

loss at the expense of good nutrition and never mentioning that once you lose the weight, your chances of gaining it back are great, because you haven't re-educated your palate or your mind about eating. And that, my friends, is the secret of successful weight loss.

Well, as I told Linda, her mother needn't be concerned, and neither should anyone's. With a sensible, well-rounded, nutritious weight control program, there's no danger of illness. In fact, many people start looking better well before they achieve their goal weight because they're providing their bodies with all the minerals and other nutrients they need — sometimes for the first time in their lives.

But it's best to hear about the safety of weight loss from a physician, and that's precisely what I told Linda to do. She and her mother should consult their family doctor for an approved weight control program. One suitable for Linda. One that not only won't harm her but will probably make her start blooming.

And if your mother is concerned about your weight loss, I recommend you do the same.

MOST CUTS of pork today are higher in protein and lower in fat. For a free booklet, including nine pork recipes, send a self-addressed, stamped, long white envelope to: "Primer on Pork," JEAN NIDETCH, c/o this newspaper.

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OF

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ON GOOD FRIDAY,

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ADVANTAGE
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OPENING
SPECIALS!

